

Male Call



February 2009

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Services for Canterbury Men (e-mail us for the flyer with the info listed below)

Join a Men's Group?

MensLine Support Group:

open, facilitated, weekly men's group with 21 years experience. Tuesday night 7:30-9:30 at Christchurch Community House 141 Hereford St., Cost \$5 03 365 4239

MensTrust: men's groups, men's weekends/events, see www.menstrust.org.nz or phone 03 940 9477 or try www.mensgroups.org.nz

Mankind Project: a group offering leadership training in personal, interpersonal and cultural levels phone 021 475 900 www.mkp.org.nz

Promise Keepers: Christian

Our Doors are Open!

We have been doing some one-on-one support for the past year and have capacity for more, so get referring!

Guys we have helped so far include;

Men leaving violent relationships

Men dealing with grief

Men trying to find the next step

Men working on depression

Father's separating and wanting basic info

Men trying to sort out health issues/weight loss

If you look at your client and think "this guy needs to talk to another guy about this", then that is where we come in. No referral form, but if you and your client think it would be useful to chat with us first then please do so.

Books About Men and Boys

We have a small but growing library of books about men and boys. If you are trying to learn more about men, ask us what we have in the area. If you know of books about men, we are interested in recommendations. If you have any books about men to spare, then we appreciate donations.

Flyers about Services for Canterbury Men

We are starting to do mailouts of flyers about local men's services. We expect to do this quarterly to community groups and centres as well as to surgeries in Canterbury. If you would like to include your agencies brochures in the bundle or you want to make sure we them post to you, then please contact Donald.

Men on a Mission

The second Men on a Mission group starts on Wed 18 February, 1-4 pm. This group is great for men that are feeling isolated in the community.

Please see the flyer for more details. Call the Salvation Army Hope Centre at 3668128 or Christchurch Methodist Mission 366 6745 for more info.

Men's Groups see
w3.promisekeepers.org.nz/christchurch.html

Problem Gambling

Foundation: Weekly men's support group, contact the PGF at 03 379 2824 for more info

Depression Support Network:

Weekly men's group at [DSN Men's Group](#)

Men's Health:

Menz Medical: for all health needs 158 Fitzgerald Ave.
www.menzmedical.com
03 981 8181

Family Planning: for men's sexual health checks [Family Planning](#)

Community Groups:

Male Survivors of Sexual Abuse Trust:

one on one and group support for male survivors, in a safe environment, experienced staff
www.survivor.org.nz
03 377 6747

Father and Child Trust: on-going support and education for fathers, groups/courses/talks/ and a superb magazine
www.fatherandchild.org.nz
0 3 982 2440

Men's Advocacy Network: a monthly forum for men involved in the community linking with political rep's. First Friday every month, 11:45, 141 Hereford St. ph.us for more info
03 940 9487

Home and Family Society: support for dads/men and step-families
www.homeandfamily.net.nz
03 379 5645

Christchurch Medical Men's & The Salvation Army Hope Centre



Developing the strengths and skills of men

Gain opportunities and skills to discover your uniqueness, in fun and interactive settings. Includes life-skills classes, guest speakers and outdoor activities. No cost.

Wednesdays, starts 18 February 2009

7 weeks, 1pm - 4pm (approx)

Contact The Salvation Army Hope Centre, 158 Fitzgerald Ave, Christchurch Medical Men's, 266 076

Café Conversation about Men and Boys

Cafe Conversations



WHAT'S HAPPENING TO MEN AND BOYS?

Men at Work: a 3 week course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources
03 332 1700

Education:

Uni. of Cant'y **Men's Health** HLTH451, 0.25 fte starts in Feb 2009

Men in Pinnies, cooking course, and **Blokes and BBQs**, Papanui High, www.papanui.school.nz/course/

Youth:

198 Youth Health free services (Doctor, nurse, counselling) for 10-25 year olds 03 379 4800

Rata Counselling (see counsellors below)

Stopping Your Violence:

He Waka Tapu: programmes to stop your violence against women and children
www.hewakatapu.org.nz
03 373 8150

Stopping Violence Services: group and individual counselling
www.angemanagement.org.nz,
03 365 6266

The Goal's Centre: One-on-one programme
<http://www.goalscentre.co.nz/>

STOP Services Trust: programmes for men and boys to stop their sexual offending
www.stop.org.nz
03 374 5010

Tuesday February 10, 2009

Oceans Café New Brighton Mall
6 pm for a meal (\$12.00 - \$16.00 incl. coffee}
7 pm Speakers Panel

Speakers:

Jeff. Gage PhD. Lecturer in Health Science
"Men in the Making: A Life Course Perspective on Men's Health"

Mark Richardson B.Ed. School Principal, Youth Worker, father of two boys

A night for men and women to focus on the needs and aspirations of the males in their families and communities.

Enquiries: Don or Olive, Koha or donation appreciated
(03) 388 6882 rowlands.don@paradise.net.nz
Sponsored by a combined group of New Brighton churches.

Men in Pinnies (Cooking for Men Course)

Hey guys no skills in the kitchen? If you would like to create tasty yet simple meals for yourself or the family, then this course is for you. No previous experience necessary; you will learn to prepare nibbles, soups, main and desserts as well as tips of where and how to shop for ingredients.

Tutor Jenny Wilson

Venue Papanui High School

Time Tuesday 7-9 pm

Starting Date 10 February

Course Length 8 weeks

Course Fee \$55

Course Number 212/1

Requirements Nil

Additional Costs Cost of ingredients each week

<http://intranet.papanui.school.nz/course/view.php?id=118>

Barbecuing for Blokes Course

Come and join this class and be welcomed into the wonderful world of Barbecuing. Over the six weeks we will cook BBQ whole chicken with beer, various meat cuts with a selection of marinades. You will also learn how to cook hamburgers to perfection, barbeque vegetables and fish.

Tutor Barbara Cook

Venue Papanui High School

Experiencing Violence?

Contact us at 03 940 9487 to discuss options

Fathers and Family Court:

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes

www.canlaw.org.nz

03 366 6870

Union of Fathers: peer support with family court issues

www.uof.org.nz

07 928 4323

Dads on the Air: Australian based podcasts for fathers

<http://www.dadsontheair.net/>

Recommended Counsellors:

Rata Counselling Centre

www.ratacounselling.org.nz

03 332 5388

Home and Family Society

www.homeandfamily.net.nz

03 379 5645

Petersgate Counselling Centre

www.petersgate.org.nz

03 343 3391

198 Youth Health (free for 10-25 year olds)

03 379 4800

Telephone Support:

Alcohol Drug Helpline

(national service based in ChCh) 10 am- 10 pm 7 days
0800 787 797

National Depression

Support Line 0800 111 757

Outline NZ (for gay men)

Time Wednesday 7-9 pm

Starting Date 11 February

Course Number 302/1

Course Length 6 weeks

Course Fee \$45

Requirements Nil

Additional Costs Cost of ingredients each week

<http://intranet.papanui.school.nz/course/view.php?id=118>

Beyond Blue

The economic downturn is affecting many men with depression and suicide being too common outcomes. This link is a pamphlet put together by the Australian Group, Beyond Blue, in addressing depression and men. <http://tinyurl.com/bnfdzk>

Men's Health Post Grad Course in 2009

The University of Canterbury is running its HLTH 451 Men's Health course again in 2009. This course is; Extramural (two block courses of three days each, plus on-line collaboration/discussion groups) 0.25 fte, for one year

<http://tinyurl.com/d8plmb>

Men's Sheds

The third network meeting for those developing men's sheds is on **Wednesday 28 January, 2pm-3:30pm** at Presbyterian Support Services, 44 Bealey Ave. Please contact us if you want a copy of the previous minutes or wish to join the mailing list for this.

[contact us](#)

Radio Show about the Hamilton Men's Shed

The following is a short clip from National Radio about the Hamilton Men's Shed. <http://tinyurl.com/c4or2v>

Dads Relating

Relationship Services is running their Dads Relating course for six weeks starting on Wednesday **25 February 2009**. Course cost is \$120. It's focussed on dads wanting to do a better job parenting. For more info contact Nina at Relationship Services

Whakawhanaungatanga

Ph: 03 366 8804 ninab@relate.org.nz.

0800 OUTLINE

AIDS Hotline 0800 802 437
Gambling Helpline 0800 654 655, 7days 8am-10 pm
Lifeline 24 hrs 366 6743, 0800 543354
Mensline (Auckland based) 6:30-10:30 pm 7 days 0800 MENSLINE (0800 636 754)
Prostate Cancer Foundation
0 800 627 277
www.prostate.org.nz

Donald Pettitt
Manager
Canterbury Men's Centre
141 Hereford St.
Christchurch
03 940 9487
donald@canmen.org.nz

or

Simon Gurnsey
Office
Coordinator simon@canmen.org.nz

Men Relating

Relationship Services is running their Men Relating course for six weeks starting on Tuesday **17 February 2009**. Course cost is free (dependant on funding) and runs for 6 weeks. It's focussed on men wanting to develop respectful relationships, new communication skills and resolve conflict. For more info contact Nina at Relationship Services Whakawhangaungatanga Ph: 03 366 8804 ninab@relate.org.nz.

The MISHES

The next Men in Social/Health/Education Services **monthly network group** details are below.

Where: Christchurch Community House, 141 Hereford St.

When: Wed 11 Feb 12:00-1:15 (Second Wednesday of Every Month)

Bring: Lunch, we will supply coffee/tea

Focus: The Men's Advocacy Network.

*We also have an informal cuppa on the Tuesday after the MISHES at 10:00 at Café de Fafo, 137 Hereford St.

Please contact us to register your interest and to receive a reminder e-mail [contact us](#).

Alexithymia: A Clinical Expression for Those That Don't Know Their Feelings

There is some talk in the mental health field about diagnosing men alexithymic. The idea is that they have feelings but don't have any word for them, being emotionally illiterate. The following link explores this further but the author claims that the men and women appear to experience it equally. Go figure.

<http://en.wikipedia.org/wiki/Alexithymia>

Dr. Gage on Men's Health

Personal Experiences of Living with Prostate Cancer

Prostate cancer is a disease which affects a significant number of New Zealand men each year. Although best practice for screening and treatment is being sought through ongoing research, efforts are also being made to understand the personal impact of living with diagnosed prostate cancer.

In a recent study from the UK a variety of men and a

selection of health professionals were interviewed. These data, along with extensive researcher observations, provided unique insights into men's transition through diagnosis and the effects of treatment. Key findings described how men viewed their cancer as 'alien', how they managed the threat of cancer and reconciled physical, emotional and social change in the context of their masculine ideals.

This study emphasised the personal side of living with prostate cancer and its treatment. It serves as a reminder to men, and health professionals who work with men, that this disease has far reaching consequences for those who are affected by it.

Research into the diagnosis, treatment, and outcomes of prostate cancer is ongoing. To find out more about prostate cancer screening the NZ Cancer Society position statement can be found at:
http://www.cancernz.org.nz/Uploads/CSNZ_PS_Prostate_Cancer_Screening.pdf

Kelly, D. (2009). Changed men: The embodied impact of prostate cancer. *Qualitative Health Research*, 19, 151-163.

Feedback for us ...

Funding rounds are coming up and as you've read through to the end of this e-newsletter, we hope you will be willing to give us some feedback about this newsletter or our agency. Please send your feedback to donald@canmen.org.nz. Tell us if you would prefer us not to use your feedback for our funding purposes.